

# SALMONELLOSIS

Salmonellosis is a diarrheal disease caused by an infection with bacteria of the species *Salmonella*. *Salmonella* is found in the intestinal tracts of humans and many kinds of animals, including mammals, birds, and reptiles.

## What are the symptoms of salmonellosis?

- Diarrhea
- Fever
- Stomach cramps
- Nausea
- Vomiting

**Symptoms usually begin from 6 hours to 3 days after infection.**

**The illness usually lasts for about 4-7 days, but can last as long as 2 weeks.**

## How does someone get salmonellosis?



Most infections are caused by eating food **contaminated** with *Salmonella*.

The **contamination** is from the feces of infected humans or animals.

**Contaminated** foods are often of animal origin. These include raw or undercooked eggs and egg products, raw or unpasteurized milk and milk products, poultry, and beef. Bacteria from **contaminated** foods can be transferred from utensils, cutting boards, and other kitchen surfaces to other uncooked foods.

This is called **cross-contamination**. **Cross-contamination** of raw or undercooked food items such as fruits and vegetables with *Salmonella* is another well-known cause of illness. Direct contact with infected animals, especially those with diarrhea, is another way *Salmonella* may be spread.

*Salmonella* may be found in the feces of a wide range of animals and livestock such as dogs, cats, chickens, snakes, turtles, cattle and swine. However, reptiles and poultry have high carriage rates of the bacteria, and caution should be taken, especially with children, when handling animals.

## Is there any treatment for salmonellosis?

Most people recover from *Salmonella* infections within 1 week and often do not require treatment. Anyone having diarrhea should drink plenty of fluids to prevent dehydration, especially small children and the elderly. Persons with severe or long-lasting diarrhea should seek care from a health care provider. Antibiotics are rarely necessary.

## Should someone go to work or school, or send a child to daycare with salmonellosis?

*Salmonella* may be transmitted from person to person when vomiting and/or diarrhea is present. Someone experiencing vomiting and/or diarrhea should not enter public spaces until 24 hours after those symptoms have stopped. This includes children in daycare and school settings. People who handle food should NEVER work while they are experiencing these symptoms. In addition to being symptom free for 24 hours, people who work in food service or a healthcare setting may need to meet additional requirements through their employer before returning to work.

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## What can be done to prevent salmonellosis?



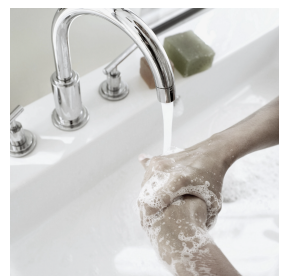
- 1.** Always treat raw poultry, beef and pork as if they are contaminated and handle accordingly:
  - Wrap fresh meats in plastic bags while purchasing to prevent blood from dripping on other foods during transport and storage.
  - Refrigerate foods promptly; minimize holding at room temperature.
  - Cutting boards and counters used for preparation should be washed immediately after use to prevent cross-contamination with other foods. Another method to prevent cross-contamination is to keep separate cutting boards for meats and for fruits and vegetables.
  - Avoid eating raw or undercooked meats.
  - Rotate food in a microwave to avoid “cold spots” where bacteria can survive.
  - Use a food thermometer to confirm appropriate internal temperature when cooking or reheating food. Check food in the thickest part of the item. For a food temperature table with safe minimum cooking temperatures, please visit the Food Safety website below  
<https://www.foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature>



- 2.** Cook eggs until the yolk is firm, and thoroughly cook foods containing raw eggs. Raw eggs can contain bacteria and eating raw eggs can cause illness.



- 3.** Avoid drinking raw milk.



- 4.** Encourage careful hand washing with soap and warm water before and after food preparation and during preparation to prevent cross-contamination.

- 5.** Supervise hand washing in children, particularly after touching animals.

- 6.** People working with animals should have separate work and non-work clothes, and should remove shoes or clothes contaminated with animal manure before coming indoors. Remember good hand washing after touching pets and animals.

- 7.** Do not keep reptiles as pets in home with immunocompromised persons or young children